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BABY BOOTIES FIT FOR A PRINCE

CANADIAN OFFICIALS ARE HONOURING LITTLE PRINCE GEORGE WITH SPECIAL GIFTS THAT HAVE THAT UNMISTAKABLE MAPLE-LEAF CHARM PAGE 6

PUFFED-UP DUFFY IS HERE

A senator has perhaps never had such an imposing presence at the Saskatchewan legislature. A massive balloon figure resembling controversial Senator Mike Duffy was set up at the legislative grounds in Regina on Thursday by the Canadian Taxpayers Federation, as a way to call for an abolition of the federal upper chamber. Story, page 3. COURTESY DEAN SMITH

Overall crime rate in the city down, but ...

Annual report released. Regina still ranks highest in Canada in violent crime

ALYSSA MCDONALD
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Crime in Regina is dropping significantly, according to statistics, but the Queen City continues to hold Canada's top spot for violent crime.

According to an annual report released on Thursday by the Canadian Centre for Justice Statistics, total crime in the city decreased by about 10 per cent in 2012 — bringing Regina down to the No. 2 national ranking from its previous position as the top urban centre for overall criminal activity.

"As large as we are — certainly around a quarter-million people here — it still has the values of a smaller community where we are looking out for one another," city police Chief Troy Hagen said of the statistics.

Although the issue of crime is complex, Hagen attributes much of the decrease to resources and programs offered by partnering community groups — especially those aimed at youth.

"Everything from sporting events to (after) school activities all contribute to supporting our children and keeping them in a very positive way," said Hagen.

The report's analysis, which includes surrounding communities such as Lumsden and White City, indicates property crime has dropped 12 per cent while violent crimes — those on the crime severity index — have dropped six per cent. In the past decade, crime has dropped 42 per cent in Regina.

"We don't consider this to be the most dangerous community at all.... We consider our community to be safe," Hagen said of Regina maintaining its position at the top of the crime severity index.

"We have our challenges, but when you do look at violent crime in our community, very few offences are random."

Regina is following a trend with other Canadian cities that have also recorded drops in crime, though it's declined seven percentage points faster than the national rate.

"We do have work to do — there is no question about that," said Mayor Michael Fougere.

"I am pleased with where we are at, but we can always do more."

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Literally

Senate controversy blows up in Regina

A federal government controversy literally blew up on the grounds of the Saskatchewan legislature on Thursday.

That's when a cartoon-like behemoth, described by the Canadian Taxpayers Federation as a "giant inflatable political character, who happens to look like a senator in Ottawa," took shape as a part of that organization's push for an abolition of the senate.

"Regina is part of our push to get a national referendum on abolishing it," Colin Craig, the federation's Prairie region director, said of the stop at the legislature with the balloon — about three storeys tall — that strongly resembles controversial Senator Mike Duffy.

"This is strong allied territory when it comes to pushing Ottawa," Craig added, noting that Premier Brad Wall and the provincial opposition New Democrats are behind a scrapping of Ottawa's upper chamber following a scandal involving Duffy's expense claims.

"It's a stronghold in terms of doing something about it."

Craig describes the balloon only as a "character" prop that was also used recently by the federation to make its case in the Ottawa area.

What they're calling for is a national vote on the matter when the next federal election is held.

"We want a second ballot to say, 'Do you want the government of Canada to abolish the senate?'" Craig explained.

ROSS ROMANIUK/METRO

Because buying locally-sourced kale is just better at night

The Regina Farmers' Market hosted its first Market Under the Stars event on Thursday evening, attracting about 60 vendors and many more customers to downtown's F.W. Hill Mall. Chefs from local restaurants, the Living Sky Winery and Last Mountain Distillery were among those serving up the treats.

MARCO VIGLIOTTI/METRO

People are left on the toilet for hours: NDP

Seniors homes. Cam Broten says he wants action on insufficient care; government says it's already moving on the issue

ALYSSA MCDONALD
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The provincial NDP is calling on the Saskatchewan government to make quick improvements to seniors care homes.

NDP Leader Cam Broten says he has been spending the summer touring seniors homes, listening to complaints about short-staffing and neglect and trying to pressure the governing Saskatchewan Party to address what he describes as insufficient care.

"I've been hearing some really troubling stories about situations where the level of care isn't as high as it should be," Broten said on Thursday from Weyburn, where he was visiting a seniors care facility and meeting families.

"It comes back to short and understaffing situations … the instances where a call button goes off and help is not there, or someone goes unattended on a toilet for hours."

Broten wants the government to support minimum staffing requirements, release "overdue" reports from the health regions regarding seniors home care and to take action on the issues, which were hot topics during legislative sessions earlier this year.

Health Minister Dustin Duncan said the senior management of the regional health authorities toured the care facilities — a move that the NDP has heavily criticized — and put their findings in reports that are being analyzed by the Ministry of Health.

The reports, which will be released in the fall, cite issues with understaffing and old facilities that need replacing.

Duncan said the analysis will help the government make decisions, though he added it's already taking action.

"We are working hard to address these issues, but we really didn't wait for this review to begin," Duncan said, noting a $90-million allocation for 13 long-term care facilities in this year's provincial budget.

"We haven't paused the work we are doing because of the review."

War vets to visit city in August

'Wave your flags, display your banners'. Wounded Canadian and international personnel will be in Regina next month

MARCO VIGLIOTTI
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Regina residents are being encouraged to show their appreciation to war veterans in early August when 170 wounded former military personnel from Canada and various other countries will touch down at the airport en route to a weekend retreat in northeastern Saskatchewan.

At a launch event on Thursday at the RCMP Heritage Centre, organizers of the Wounded Warriors Weekend in Nipawin asked residents to line Regina's streets on Aug. 1, beginning at about 3 p.m., as a cavalcade of international troops passes through the city.

"Wave your flags, display your banners, simply stand and cheer," cavalcade organizer Brenda Fredrickson urged those in Regina. "We need to do that to show these wounded warriors that we have not forgotten them."

The veterans' route will run from Regina International Airport onto Regina Avenue, Lewvan Drive and Dewdney Avenue to the RCMP complex.

Running from Aug. 2 to 6, the second-annual Wounded Warriors Weekend will offer soldiers injured in combat in Afghanistan, Iraq and Bosnia a relaxing retreat of fishing and golfing, as well as musical performances featuring some of the province's top country stars.

Event director Blake Emmons said the weekend get-together will showcase a support network offered by the military community to injured veterans, including those with post-traumatic stress disorder (PTSD).

"What Saskatchewan has provided is three or four days of healing," he said. "(The event) lets them know they're not alone."

Emmons added that the inaugural event in 2012 had a profound impact on participants, and said one soldier dealing with PTSD credited the retreat for "saving his life."

After being hosted in Saskatchewan for two straight years, the event will migrate to Ontario or Alberta in 2014.

Emmons said both provinces are eagerly lobbying to host it, and that a final decision will be made during this year's retreat.

Veterans were on hand at the RCMP Heritage Centre on Thursday, as organizers announced plans for the Wounded Warriors Weekend retreat from Aug. 2 to 6 in Nipawin. MARCO VIGLIOTTI/METRO

Public interest

Where are the whistleblowers?

A provincial agency tasked with assisting government whistleblowers has yet to launch a formal investigation into any cases of wrongdoing, according to the office's first annual report released on Thursday.

The office of the Public Interest Disclosure Commissioner was created last year to provide a safe outlet for whistleblowers to report "wrongdoings" without fear of reprisal, said acting commissioner Janet Mirwaldt.

However, she said the "vast majority" of calls fielded by her office during the past year were outside its jurisdiction.

"(Most) of the calls we received were inquiries about matters that were not wrongdoings as defined under the (Public Interest Disclosure) Act," says the annual report. "Or were from organizations not covered under the Act."

MARCO VIGLIOTTI/METRO

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This image taken from security-camera footage shows a train derailing in Santiago de Compostela, Spain, on Wednesday. Investigators tried to determine Thursday why the passenger train jumped the tracks. THE ASSOCIATED PRESS

Train likely went twice speed limit

Spain derailment.
Reason still unknown as authorities wait to question injured driver

A Spanish train that hurtled off the rails and smashed into a security wall was going so fast that carriages tumbled off the tracks like dominos, killing 80 people and maiming dozens more, according to eyewitness accounts and video footage obtained Thursday.

An Associated Press analysis suggests the train may have been travelling at twice the speed limit or more along that curved stretch of track.

Spain's government said two probes have been launched into Wednesday's derailment.

80 km/h limit

192 km/h

The highest estimate of the train's speed based on an examination of video images.

The regional government in Galicia confirmed that police planned to question the 52-year-old train driver, in hospital with unspecified injuries, as both a witness and as a possible suspect, but said possible faults in safety equipment were also being investigated.

Eyewitness accounts backed by security-camera footage suggested that the train was going too fast as it tried to turn beneath a road bridge. Spanish officials said the speed limit on that section of track is 80 km/h.

An Associated Press estimate of the train's speed using the time stamp of the video and the estimated distance between two pylons gives a range of 144-192 km/h. Another estimate calculated on the basis of the typical distance between railroad ties gives a range of 156-182 km/h.

Train company Renfe identified the driver, Francisco Jose Garzon Amo, as a 30-year employee. Renfe's president, Julio Gomez-Pomar Rodriguez, told the Cadena Cope radio network that the driver had worked on that route for more than a year.

THE ASSOCIATED PRESS

Bulgaria

Officials release name of Canadian bombing suspect

Bulgarian authorities distributed on Thursday the names and images of two wanted suspects involved in a bomb attack that killed five Israeli tourists and a Bulgarian bus driver last year.

The first alleged terrorist is identified as Meliad Farah, also known as Hussein Hussein, an Australian citizen born Nov. 5, 1980. The second is Hassan El Hajj Hassan, a Canadian citizen born March 22, 1988.

Canada's Immigration Minister Jason Kenney said in February that one of the suspects was born in Lebanon, came to Canada at age eight, became a Canadian citizen and then left at age 12.

THE ASSOCIATED PRESS

Dublin

Man's body left to rot in occupied home for years

Irish police say a dead man's badly decomposed remains have been found in an occupied Dublin house and may have lain there, undisturbed, for four years.

THE ASSOCIATED PRESS

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Premiers vow to fight jobs training scheme

Ontario Premier Kathleen Wynne at the Council of the Federation summer meeting in Niagara-on-the-Lake, Ont., Thursday. AARON LYNETT/THE CANADIAN PRESS

Controversy.
New plan would require provinces to cough up more than half a billion dollars

Canada's provincial and territorial leaders vowed Thursday to fight Ottawa's controversial plan to fund jobs training for workers, saying the new scheme would require them to come up with more than half a billion dollars in extra cash.

There's concern across the board over the Canada Job Grant, said Ontario Premier Kathleen Wynne, who is hosting the Council of the Federation meeting.

The Harper government wants to divert some of the money it gives to the provinces and territories to the new program, which would provide a grant of $15,000 per worker. The provinces and territories, as well as the employers, would each kick in $5,000.

But the premiers are worried that it won't give them enough flexibility to direct the money where it's needed most and could jeopardize existing provincially run programs. Small businesses aren't interested in taking part in this program either, Wynne said.

THE CANADIAN PRESS

Premiers' response

"There really was a very strong feeling that the program as it exists won't work."
Ontario Premier Kathleen Wynne

If you took the quit smoking drug CHAMPIX between April 2, 2007 and May 31, 2010, your rights could be affected by the certification of a class action. Please read carefully.

The Ontario Superior court has certified a class action for Canadians who took Champix between April 2, 2007 and May 31, 2010 and allegedly suffered certain reactions. The Representative Plaintiff is Kenneth Parker.

What is the Class Action About?

The lawsuit seeks compensation for all class members. It alleges that, between April 2, 2007 and May 31, 2010, Pfizer Canada Inc. failed to adequately warn of the risk of certain psychiatric adverse events allegedly related to Champix.

Pfizer Canada Inc. denies the allegations, which have not been established, and is defending the lawsuit.

Who is Included in the Class Action?

All persons in Canada who took Champix during the period from **April 2, 2007 to May 31, 2010** and who, while taking or after taking Champix to help quit smoking, experienced any of the psychiatric adverse events or symptoms listed below:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression, anxiety or panic attacks
- feeling very agitated or restless
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- abnormal thoughts or sensations
- seeing or hearing things that are not there (hallucinations)
- feeling people are against you (paranoia)
- feeling confused
- other unusual changes in behaviours

If you are a person who fits the above description, you are a member of the "Class". If you are a relative of a member of the Class who is entitled to make claims under any of the Dependants Statutes in Canada as a result of the death or personal injury of your relative, you are a member of the "Family Class".

If you are a Class member or Family Class member you do not need to do anything at this stage to participate – you are automatically included in the class action. You are encouraged however to contact Class Counsel for more information, and to discuss the steps necessary for preserving medical records that may be needed for any claim that may be advanced on your behalf.

You Must Opt-Out if You Do Not Want to Participate

If you do not want to be part of this lawsuit you must notify Class Counsel at the address below, in writing, by no latter than September 20, 2013, providing your name and address and indicating that you do not want to be part of this lawsuit.

If you are a Class member or a Family Class member and do not exclude yourself by that date you will be included in this lawsuit and will be forever bound by the court's judgment on the common issues, whether favourable or not.

What are the Financial Consequences?

If the action is not successful on the common issues, no class member will be responsible for legal fees or costs. The Representative Plaintiff has entered into a contingency fee agreement with Class Counsel for the legal work on the common issues. Class Counsel will be paid only if the action is successful.

If the class is successful at the common issues trial, further proceedings will be necessary for individual Class members to prove their own personal claims. Class members may be responsible for the costs of proving their own claims, and may wish to hire a lawyer to assist them with these further proceedings. Class Counsel is available to be hired by class members on a contingency basis, or class members may hire another lawyer of their own choosing.

For More Information

For more information, please contact one of the firms listed below as Class Counsel:

Ontario
McPHADDEN SAMAC TUOVI LLP
Suite 300 – 8 King Street East
Toronto, ON M5C 1B5
Tel: 416-601-1020
www.mcst.ca
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Presents for a prince. Mukluks, blanket among Canadian gifts

It may be a while before Prince George pays a visit to Canada, but the country's future king already has plenty of symbolic homegrown mementoes.

On their official website, Prince William and his wife, Kate, expressed gratefulness for the gifts they've already received for their newborn son but suggest well-wishers instead support those in need, such as a local children's charity.

Canada appears to be heeding the call. Prime Minister Stephen Harper announced a donation by the government of $100,000 to a Canadian child-focused charity to be named at a later date.

The young prince could soon be swathed in a Canadian handcrafted blanket, an additional gift Harper said is "reflective of our country's rich and diverse culture."

Fashioned from cream-coloured qiviut (muskox wool) with a white border, the Canadian coat of arms and Prince George's birthdate will embroidered on the blanket, which is in the process of being made.

"These gifts symbolize our warm ties to our Royal Family, honouring our close and enduring relationship," Harper said in a statement.

Harper and his wife, Laureen, and Gov. Gen. David Johnston and his wife, Sharon, are also offering a personal present to the infant heir to the throne: a selection of Canadian children's books. THE CANADIAN PRESS

Manitobah Mukluks, a gift from Shawn Atleo, national chief of the Assembly of First Nations. THE CANADIAN PRESS

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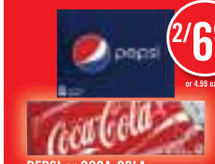

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BlackBerry plans to cut 250 positions at testing facility

Waterloo, Ont. Layoffs are part of next stage of turnaround plan, firm says

BlackBerry has given layoff notices to 250 workers at its product-testing facility in Waterloo, Ont., where the global smartphone company is based.

The employees, who supported the company's manufacturing, research and development efforts, were notified on Tuesday. "This is part of the next stage of our turnaround plan to increase efficiencies and scale our company correctly for new opportunities in mobile computing. We will be as transparent as possible as those plans evolve," the company said in an email.

The company announced plans last year to cut about 5,000 employees as part of its restructuring efforts.

BlackBerry is trying to recover a stronger position in the highly competitive smartphone market with its new BlackBerry 10 line of phones and operating system.

At the company's annual general meeting this month, CEO Thorsten Heins told shareholders that BlackBerry is in the midst of a "complex transition" that included a three-stage plan to become profitable again.

BlackBerry shares fell below $10 earlier this month for the first time since last year. The company has been under pressure since it posted quarterly results last month that fell short of analysts' largely optimistic expectations.

THE CANADIAN PRESS

A BlackBerry Q10 on display at the firm's annual meeting on July 9. GEOFF ROBINS/THE CANADIAN PRESS

Under pressure

$10

BlackBerry shares fell below $10 earlier this month for the first time since last year. The company has been under pressure since it posted quarterly results last month that fell short of analysts' expectations.

Television. Survey highlights grim reality of job conditions

The market for reality television has exploded, with Canadian versions of The Amazing Race, Storage Wars, Big Brother and The Bachelor all competing for viewer attention.

But workers in the industry say they are being overlooked by some production companies intent on profits over the interests of their workers.

An exclusive first look by Torstar News Service at interim results of a survey taken by the Canadian Media Guild say workers complain that long hours, lack of security and benefits are some of the big issues that need to be addressed in the burgeoning industry.

"Factual TV is the new frontier and the business has really grown, which is great. But the downside to this is some workers who are saying that they've given their blood, sweat and tears in an industry that is open to abuse," says Karen Wirsig of the Canadian Media Guild.

The union decided to conduct a survey after being approached by reality TV workers about working conditions, Wirsig says.

While long hours and demanding conditions are not unusual in the film and television industry, reality TV productions typically have smaller budgets, hire more freelancers and work on tighter deadlines, which could exacerbate poor working conditions, says the union.

TORSTAR NEWS SERVICE

Hell hath no fury like the Women Tell All episode on The Bachelor. Reality TV production is booming in Canada, but a new survey says some workers feel their interests are being overlooked. CITYTV

Commercials

Pakistan bans condom ad

Pakistan's media regulatory agency has banned a condom commercial starring a sultry Pakistani model after it received hundreds of complaints the ad was too racy, a senior official said Thursday. The TV ad shows a Pakistani couple wondering why their neighbour's new bride, the model and actress Mathira Mohammed, is working so hard to keep her husband happy. When asked about his secret, the neighbour smiles and holds up a pack of condoms made by Josh, which means excitement in Urdu. THE ASSOCIATED PRESS

Market Minute

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GOLD $1,328.80 US (+$9.30)

Natural gas: $3.65 US (-5¢)
Dow Jones: 15,555.61 (+13.37)

STOLEN: ONE PIANO, SOME DIGNITY

THE METRO LIST

Mike Benhaim
metronews.ca

1 Humble beginnings. As the Duchess of Cambridge pushed forth the fruit of the royal loom, global media granted her highness a rare modicum of privacy, foregoing details regarding distress of her sovereign regions or straining of the royal bosom. Nay, but whilst the revelation of the imperial moniker, George Alexander Louis, stirred such zeal amidst the multitudes, I reflected thusly to myself: "Why am I still watching this?"

2 Politics. British Prime Minister David Cameron announced a novel endeavour to filter out Internet pornography for his citizens. After all, everyone knows that most of the salacious content that appears on-screen arrives unsolicited and if not for Cameron, this material would continue to present itself to innocent husbands, boyfriends and teenagers. Well cheerio, good sir. And good luck getting re-elected.

3 Sext-posed. In 2011, a sexting scandal forced Anthony Weiner to resign from U.S. Congress. Now running for mayor of New York City, he's still sexting, but refuses to withdraw his candidacy. After all, his wife remains staunchly by his side saying, "Yes, he's made mistakes, but he's apologized. Sure, he made them again repeatedly, but I love him. Besides how do you think we met?"

4 Got it. Selena Gomez turned 21 this week and celebrated by legally having her first alcoholic drink. More importantly, every adult male that has seen Gomez's video Come And Get It, can now officially stop feeling dirty.

5 Bynes some time. Amanda Bynes is being held for mental evaluation after allegedly starting a fire in a California resident's driveway. Oh, so now a few nasty tweets, one little hit-and-run, bong out a window, shave your head, wear a crazy wig to court, start a small fire in the driveway, and suddenly you're crazy?

6 Who's coming? Scientists at Imperial College London have designed a concept mission to land astronauts on Mars. There has been news of other such missions over the last year, making me wonder why the major world governments keep telling us that global warming is not that big an issue, but seem to be fervently searching for other options. Here's the scary part: They'll use our tax dollars in the name of progress, but you know they're not taking all of us, right?

7 Fine-tuning. Last week, two men walked out with Toronto General Hospital's baby grand piano at one o'clock in the afternoon. I don't have much to add except that I once got caught stealing a candy from the bulk bin while shopping at Loblaws.

8 This week in 1996. The Spice Girls scored their first U.K. No. 1 with Wannabe. It would sell more than six million copies and win an award for best British-written single. "So tell me what you want, what you really really want. I wanna really, really wanna zig-a-zig-ah." Best-written single indeed.

9 Take a bow. This week saw the untimely end of character actor Dennis Farina. Farina, who played cops and criminals alike, actually worked as a Chicago police officer for 18 years. Some will remember him from Law & Order, and others from films like Get Shorty and Saving Private Ryan, but to me, he'll always be Cousin Avy from Snatch. Rest in peace, bubbeleh, we'll miss you.

Follow The Metro List on Twitter @TheMetroList

ZOOM

This'll ruffle a few feathers

ANDY RAIN/THE ASSOCIATED PRESS

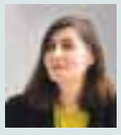
Giant cockerel takes its perch

A gargantuan electric blue cockerel has been unveiled on a plinth in London's most iconic city square. Hahn/Cock, a 4.72-metre-high fibreglass sculpture by German artist Katharina Fritsch, is perched next to sombre military monuments in Trafalgar Square and is meant to symbolize regeneration and rebirth. METRO

Double meaning

- The sculpture's title "hahn," German for "cock," carries the same double meaning as in English and is a deliberate double entendre.
- It mimics the Gallic rooster, the unofficial national symbol of France, yet is placed on a square that commemorates Britain's 1805 Battle of Trafalgar, a naval victory over France.

Artist's viewpoint



"I am making an image of a male animal. Women are getting more and more into the active role, they determine things, they make their way."

German sculptor Katharina Fritsch

Tough critics

"It's very ugly – a massive eye-sore. But that's modern art for you, something big and controversial — but I would like to try and climb up the cockerel."

Júlia Llaurado, 19, journalism student

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

GETTY IMAGES

Looking for a way to share your filtered pics with your mom, grandmother and other non-Instagrammers? Why not show them off in the real world, too? With smartphone cams getting better with each generation, printing iPhoneography has gone from faux-pas to pourquoi pas. Some sites to help you out:

Canvas Pop
Turn your iPhone-photography into fine art. Just upload your photo (with or without a hipstamatic, Instagram filter) and within days they send you back a high-quality canvas. Free shipping, even to Canada!

Poster Jack
From posters to canvas to acrylic to stickers to even metal prints, Toronto-based posterjack.ca lets you turn your art into just about anything else. Ships all over Canada.

Mpix
Turn your pics into cards, calendars, even pins at mpix.com. Extremely user friendly, though it has a shipping charge for us Canadians.

Twitter

@metropicks asked: A coffee-buying Good Samaritan has sparked copycats. Would you spend hundreds on java for strangers? Why/why not?

@FrenchmanCanada: I wonder if some will be crazy/rich enough to do the same at @Starbucks #5DollarCoffee

@shehswings: Yes, but would make more sense if the coffees were distributed to less fortunate. Ppl stopping by Tim's can usually afford

Follow @metropicks and take part in our daily poll.

Letters and comments

RE: Shaming The Couch Critics, published July 24

Glib references to "banging the cafeteria lady at the YMCA" are never OK, even in the spirit Benhaim intended.

The point is undermined — and readers are alienated. Disappointed to find this kind of tone in what is usually a fine column marked by smart and sensitive writing.
Janet Gunn, Toronto

Well said. It's the old freak show made new. You have to have a certain personality to do this even for money. **Shamamama posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE 2

Synopsis

Brandy Klark (Aubrey Plaza) is an overachiever. She's the publisher of her own magazine, Women With a Y, a straight-A student with a full scholarship to Georgetown University and her high school valedictorian. She's also a virgin, a status she hopes to change soon with the help of Rusty Waters (Scott Porter), a college surfer stud. Attacking her new project with the gusto that won her accolades in school, she gets the advice of friends and family (Christopher Mintz-Plasse, Alia Shawkat, Sarah Steele and Rachel Bilson) and makes up a sex "to do" list, applying the zeal that made her a mathlete.

- Richard: ●●●○○
- Mark: ●●○○○

Aubrey Plaza, left, and Rachel Bilson star in The To Do List. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Let's talk about sex

The To Do List. Teen sex comedy genre gets a gender twist as the female becomes the hunter looking for bedpost notches

Richard: Mark, if you're of the generation familiar with Snackwells and skorts, then this movie may resonate a little louder for you than it did for me. It's a cleverly drawn coming-of-age picture, set in 1993, that gets the tone of the times right — skorts and all — but it left me feeling as though I was watching a throwback to the sex comedies of the early '90s filtered through a 2013 lens. In other words, less innocence, more bodily fluids. What did you think?

Mark: One of the things I love about movies is how much you can learn from them. Richard, I had no idea how tough it is for an attractive young woman to lose her virginity! Well, live and loin. Switching the gender roles and making the teenage girl the aggressor was a nice touch, and setting it in 1993 made its pre-Internet sexuality seem almost believable. It's John Hughes with an R rating — not a bad thing. What did you think of Aubrey Plaza?

RC: I like Aubrey Plaza. I think if this part had been played by anyone else — imagine Emma Stone or Imogen Poots — it would have lost some of its charm. Plaza is naturally off balance, so the stranger moments of this movie don't feel forced or quirky for the sake of being quirky. As I said earlier, I didn't much go for some of the bodily fluid gags — or the gross Caddyshack tribute — but Plaza trying to vamp it up in an ill-fitting bathing suit is a really funny scene.

MB: I liked Aubrey Plaza too. She was just gawky enough to make the movie seem credible. In fact, the whole movie is well cast. Bill Hader has lots of great moments, and Plaza's two girlfriends are not the typical cuties you usually find in a teen picture. I actually think there's another influence working on this picture — Napoleon Dynamite. From the Idaho setting to the oversaturated colours, quirky rhythms and simple cinematography, there's a lot the two movies have in common, although this one seems more overtly commercial.

RC: Maybe more commercial, but telling the story from a female point of view is a nice change from the usual boy-centric sex comedy story.

MB: Richard, in spite of what some people may think, I am not, nor have I ever been, a teenage girl. But I found I could relate to the story, because although it takes place in 1993, it takes place in Boise, Idaho, which feels like 1973.

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Thriller

The Reluctant Fundamentalist

Director. Mira Nair

Stars. Riz Ahmed, Liev Schreiber, Kate Hudson

When Changez moves to the U.S. from Pakistan, he's got everything going for him: an Ivy League education, a beautiful girlfriend, a top job on Wall Street. And then 9/11 happens, and the Manhattan prince becomes a pariah virtually overnight. Mira Nair's The Reluctant Fundamentalist explores a character's reflections on a life thwarted by terrorism, and presents a rare, non-American perspective on the political and social fall-out from 9/11.

MANORI RAVINDRAN

Thriller

The Wolverine

Director. James Mangold

Stars. Hugh Jackman, Rila Fukushima

This may be the sixth time Hugh Jackman has moussed up his pointy mane to play the eponymous comic-book character but this latest version shows The Wolverine still has claws. Summoned to Japan by a dying, rich old friend, Wolverine winds up protecting an heiress from deadly yakuza, a toxin-spitting mutant and a (rather disappointing) giant samurai robot. Ridiculous as that sounds, The Wolverine's more crafty sequences (especially atop a speeding bullet train) help amplify the action's unravelling tone. STEVE GOW

Film news

New Zealand bans Elijah Wood flick

New Zealand banned a horror film starring Elijah Wood as a scalp-collecting serial killer from general release after the government deemed it too graphic and disturbing for the public.

The Office of Film and Literature Classification's action means Maniac — a remake of the 1980 slasher film about a killer who scalps his victims — cannot be screened anywhere other than film festivals or as part of academic study. DVDs of the film will not be allowed for sale. The government censor said in its classification that Maniac contains graphic violence and "content that may disturb." The ban was condemned on Thursday by the film's distributor and organizers of the New Zealand International Film Festival. THE ASSOCIATED PRESS

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Gosling gets emasculated in film

When it comes to conjuring up the most mean-spirited insults a mother could hurl at her son, leave it to Ryan Gosling.

In his latest film, Only God Forgives, the Canadian actor plays a drug-smuggling mama's boy. In one scene, his character is humiliated by his mother at dinner after he brings a hooker, posing as his girlfriend, to meet mom — played by Kristin Scott Thomas.

Gosling said the embarrassments heaped on his character — including comments about his anatomical shortcomings — weren't originally in the script.

"She had to emasculate me and so she asked me to help, which I thought was funny. We just worked together and I told her all the things that she could say to me that would be sort of castrating," Gosling said, smiling. "She has that whole crazy rant."

The actress said while it was fun to play the villainous character, the darkness in her soul was "debilitating and wears you down."

THE ASSOCIATED PRESS

Ryan Gosling's character in Only God Forgives gets torn a new one by his mama. THE ASSOCIATED PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 26 TO THURS., AUG. 1 TIMES ARE SUBJECT TO CHANGE.

Southland Mall
3025 Gordon Rd.

Despicable Me 2 (G) Fri-Thu 1:30
Despicable Me 2 3D (G) Fri-Thu 4:20-7-9:30
Grown Ups 2 (PG) Fri-Thu 12:40-3:05-5:30-8-10:35
The Heat (14A) Fri-Thu 1:15-4:15-7:45-10:30
The Lone Ranger (PG) Fri-Tue 12:20-3:35-6:45-10 Wed 6:45-10 Thu 12:20-3:35-6:45-10 Star & Strollers Screening Wed 1
Man of Steel 3D (PG) Fri-Thu 12:35-3:45-6:55-10:05
Monsters University (G) Fri-Thu 2-4:50-7:40-10:15
Pacific Rim (PG) Fri-Tue 12:50-3:55-7:30-10:25
The Smurfs 2 (G) Wed-Thu 12:25-2:55-5:25-7:55-10:25
Turbo (G) Fri-Tue 12:25-2:45-5:05-7:25-9:45 Wed-Thu 1:40-4:30-7:25-9:45
The Wolverine 3D (14A) Fri-Thu 1:05-4:05-7:10-10:10
World War Z 3D (14A) Fri-Thu 1:55-4:35-7:15-9:55

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit

2 Guns (14A) Thu 9:30
African Cats (G) Wed 11
Andre Rieu Live in Maastricht 2013 (STC) Sun 12:45
The Conjuring (14A) Fri-Sun 12:05-2:45-5:20-8-10:40 Mon 2:20-4:55-7:40-10:15 Tue 2:45-5:20-8-10:40 Wed 11:35-2:20-5-7:40-10:15 Thu 2:20-5-7:40-10:15
Despicable Me 2 (G) Fri 2-4:30-7-9:30 Sat 11:55-2:30-4:30-7-9:30 Sun 12:30-4:30-7-9:30 Mon 2-4:30-6:50-9:50 Tue 2-4:30-7-9:30 Wed 11:30-2-4:30-7-9:30 Thu 2-4:30-7-9:50
Fight Club (18A) Mon 7
Grown Ups 2 (PG) Fri-Sat 12:30-3-5:35-8:05-10:35 Sun 3-5:35-8:05-10:35 Mon 12:30-3-5:30-8-10:25 Tue 12:35-3-5:35-8:05-10:35 Wed 12:30-3-5:30-8-10:25 Thu 12:30-3-9:30
The Heat (14A) Fri 2:15-5:05-7:50 Sat 5:05-7:50 Sun 2:15-5:05-7:50 Mon 1:10-4 Tue 2:15-5:05-7:50 Wed-Thu 9:50
Little Shop of Horrors (STC) Sat 12:45
Moulin Rouge (PG) Thu 7
Pacific Rim (PG) Fri-Thu 4:15
Pacific Rim 3D (PG) Fri-Sun 1:15-7:20-10:20 Mon 1:15-7:10-10:05 Tue 1:15-7:20-10:20 Wed-Thu 1:15-7:10-10:05
R.I.P.D. 3D (PG) Fri-Sun 12:25-2:50-5:10-7:35-10 Mon 12:40-3:10-5:35-7:55-10:20 Tue 12:30-2:50-5:10-7:35-10 Wed-Thu 12:40-3:10-5:35-7:55-10:20
Red 2 (PG) Fri-Wed 1:40-4:25-7:15-10:10 Thu 1:10-3:55-6:45
Sinbad: Legend of the Seven Seas (G) Sat 11
The Smurfs 2 (G) Wed-Thu 12
The Smurfs 2 3D (G) Wed-Thu 2:35-5:10-7:45-10:20
Turbo (G) Fri 12 Sat 11:50 Sun 12 Mon-Tue 2:30 Wead-Thu 12:05
Turbo 3D (G) Fri 2:30-5-7:30-9:50 Sat 2:25-5-7:30-9:50 Sun 2:30-5-7:30-9:50 Mon 5-7:25-9:45 Tue 5-7:30-9:50 Wed-Thu 2:30-5-7:25
The Wolverine (14A) Fri-Sun 12:55-4-7:05-10:05 Mon 12:50-3:50-6:55-9:55 Tue 12:55-4-7:05-10:05 Wed-Thu 12:45-3:50-6:55-9:55
The Wolverine 3D (14A) Fri 1:55-4:50-7:45-10:40 Sat 11-1:55-4:50-7:45-10:40 Sun 1:55-4:50-7:45-10:40 Mon 1:35-4:35-7:30-10:25 Tue 1:55-4:50-7:45-10:40 Wed-Thu 1:35-4:35-7:30-10:25
World War Z (14A) Fri-Sun 10:30 Mon 9:20 Tue 10:30

Kramer IMAX Theatre
2903 Powerhouse Dr.

Flying Monsters 3D (STC) Fri-Sun 1-7 Mon 2:15 Tue-Wed 11-2:15-8:15 Thu 11-2:15
Rocky Mountain Express (STC) Fri 11-2:15 Sat-Sun 2:15 Mon 11-1 Tue-Thu 1-7
Star Trek Into Darkness: An IMAX 3D Experience (PG) Fri-Sun 3:30-8:15 Mon-Wed 3:30 Thu 3:30-8:15

Golden Mile
3806 Albert St.

Best of Luck (STC) Fri-Sat 6:30-9:20 Sun 3:30-6:30
The Croods (G) Fri-Thu 1:15-4:05-6:50
Epic (G) Fri-Thu 1:20-4:05
Fast & Furious 6 (14A) Fri-Thu 1:10-3:45-6:35-9:15
The Hangover Part III (14A) Fri-Thu 9:15
The Internship (PG) Fri 6:40-9:15 Sun-Thu 6:40-9:15
Iron Man 3 (PG) Fri-Thu 1:05-3:40-6-9:20
The Reluctant Fundamentalist (PG) Fri-Thu 1-3:45-6:35-9:20
Star Trek Into Darkness (PG) Fri 1:10-3:45-6:30 Sat-Thu 1:10-3:45-6:30-9:10
This Is the End (18A) Fri-Thu 1:25-3:50-6:35-9:05
White House Down (14A) Fri-Sat 1-3:45-6:30-9:10 Sun 1-9:10 Mon-Thu 1-3:45-6:30-9:10

Amanda Bynes ALL IMAGES GETTY

Amanda Bynes' folks aim to legally step in and save their daughter from herself

Amanda Bynes' parents, Rick and Lynn Bynes, are heading to court to request a temporary conservatorship of their troubled daughter, according to Radar Online. "Her parents will both be petitioning to be the temporary proposed conservators and want control of her personal and financial affairs," a source says, adding that Rick and Lynn "are hopeful that the judge will take into consideration that she tried to start a fire in a stranger's driveway and burned her pants in the process. Her behaviour is completely unpredictable and she needs long-term mental health help."

Toni Braxton

Braxton's 12-year marriage ends amicably

It only took three years, but Toni Braxton has finalized her divorce from her husband of 12 years, Keri Lewis, after separating in 2009, according to E! News. "The couple has had an amicable split and will still both be actively involved in raising their two sons, 11-year-old Denim and 10-year-old Diezel," her rep says in a statement. Braxton herself addressed the news on Twitter, posting simply, "Sometimes it takes a thousand tries to win."

Twitter

@TomArnold
The fact that you keep writing me to help because @therealroseanne blocked you indicates to me that you were blocked for stupidity.

@pattonoswalt
"I started playing D&D as a fighter, then switched to thief, and then to druid..." -- from my unsold AMC pilot, BREAKING BARD

@JasonAlexander
So honored that the future King of England will bear the proud and noble name of "George". Serenity Now!

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Written objections to the granting of the permit may be filed with SLGA not more than two weeks from the date of publication of this notice.

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Write to:

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Regina Sk S4P 3M3

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

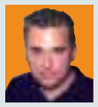
The Word

Bristling Baldwin gives shamed Weiner a hard time

Alec Baldwin is no Anthony Weiner fan. The former 30 Rock Star is calling for the scandal-prone New York City mayoral candidate to withdraw from the race after it was revealed Weiner resumed his habit of sexually explicit online conversations with women other than his wife after a similar scandal forced him to resign from Congress in 2011. "Weiner has only one problem that disqualifies him from the race and that is that he is clearly addicted to reckless behaviour," Baldwin writes in an opinion piece for the Huffington Post. "Weiner should quit, walk away, let some time wash over his reversals and re-emerge, another day, to attempt some future race for public office."

Liquid Assets

Past Portugal's fortified sips



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Portugal's reputation as the world's premier fortified winemaker hasn't done it any favours when it comes to promoting its other wines.

Port is polarizing, and I've been asked more than once if all Portuguese wines have spirit added.

The country has been making non-fortified reds, whites, rosés and sparklings for centuries. None see a drop of spirit and all would get a lot more attention if it wasn't for their Spanish neighbours hogging all the Iberian Peninsula limelight.

Like all warmer climate countries, Portugal knows its way around a refreshing wine and Vinho Verde (or green wine) is its classic warm weather white. Though the northern region that shares its name makes other colours, it's the chillable white version that the locals reach for when temperatures rise.

Made from an eclectic blend of indigenous fruit, the Gazela Vinho Verde ($8.30 to $12.49) is a relaxed, citrusy thirst-quencher with a light lemony body, forward acidity and a zesty hint of fizz.

Served well chilled, or even over ice, it works amazingly well with summery dishes like barbecued chicken, shellfish and salads as well as fresh fruit and creamy goat cheese.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

The anatomy of grilled cheese

When you were a child, you thought like a child: grilled cheese sandwiches were made from slices of Velveeta melted between slices of skillet-toasted white bread. Now that you are an adult, it's time to update the sandwich for a more grown-up palate.

THE ASSOCIATED PRESS/ W. WAYT GIBBS, EDITOR-IN-CHIEF OF THE COOKING LAB, THE CULINARY RESEARCH TEAM LED BY NATHAN MYHRVOLD

Bread

Begin by using better bread. In place of the squishy white stuff, try something with more substance: thickly-cut slabs of flavourful sourdough, sweet brioche or crunchy baguette.

Gooeyness

Next, add some interesting texture or flavours to the filling. Thin slices of sweet apple and spicy jalapenos complement sourdough slices nicely. The brioche makes a delicious and filling breakfast or brunch when stuffed with sliced ham, sautéed mushrooms and a fried egg. A baguette yields a bruschetta-like grilled cheese sandwich when dressed with fresh basil leaves, pesto and tomato confit.

Texture

You can use the fanciest, stinkiest, crumbliest cheese your heart desires if you borrow a trick from the food scientists at Kraft. Flip over a box of Velveeta and you'll find, among the other ingredients, the reason it melts so uniformly: sodium citrate. This white, crystalline ingredient is a salt of citric acid. You can buy sodium citrate at some brewer supply stores or order it online. Just dissolve 11 grams of sodium citrate into 1 1/8 cups (265 mm) of milk or water over medium heat, bring to a simmer, and gradually whisk in 285 grams of finely grated cheese (3 to 4 cups). As the cheese melts, the sodium citrate serves as an emulsifier and prevents the fat from splitting off to form a greasy slick on top. If possible, weigh the cheese because volumes can vary with the kind of cheese and fineness of grating.

Aged White Cheddar on Sourdough with Apples

For the cheese slices:
- 3 tsp (14 g) sodium citrate
- 1/2 cup (115 mm) water
- 6 cups (380 g) aged white cheddar cheese, grated

For the sandwich:
- 8 slices sourdough bread, 1/2 inch thick
- 8 very thin slices apple
- 3 tbsp(30 g) thinly sliced jalapenos

Lightly oil a baking sheet and heat it in an oven set to its lower temperature.

In saucepan over medium heat, dissolve sodium citrate in water, then bring to simmer. Add grated cheese to simmering water a handful at a time while whisking until all of the cheese is completely melted.

Pour the melted cheese onto the warmed baking sheet. Tip the sheet back and forth to form a single layer of even thickness. Cover the cheese layer with plastic wrap, and place it in the refrigerator until set, about 2 hours. Slice the cheese into pieces sized to fit your bread slices.

When ready to prepare the sandwiches, heat a large, heavy skillet over medium. Alternatively, heat a sandwich grill or panini press.

Butter the outward-facing sides of each bread slice, assemble the sandwiches, each with a slice of cheese, a slice of apple and a bit of the jalapenos. Add a sandwich to the skillet and pan-fry until the bread is golden brown and the cheese is melted, 2 to 3 minutes per side. Repeat with remaining sandwiches.

Riders walking before they run with Durant

CFL. Roughriders head coach Chamblin says star quarterback will be game-time decision versus Tiger-Cats

Riders star quarterback Darian Durant is questionable for Saturday night's game against the Ticats. TOM SZCZERBOWSKI/GETTY IMAGES

The boot was off but Saskatchewan Roughriders head coach Cory Chamblin won't rush his decision regarding quarterback Darian Durant's status.

Durant took limited reps in practice Thursday after missing Wednesday's session with his injured right foot back in a walking boot. Chamblin will wait as long as he can before deciding whether Durant will play Saturday in Guelph, Ont., versus the Hamilton Tiger-Cats.

"It is a game-time decision and I really mean that," Chamblin told reporters. "He did enough (Thursday) to where he made it through and he got the reads that he needed.

"If it doesn't swell up and do all of those other things, we'll probably see him on game day."

Durant, 30, injured his foot in a 39-28 road win over the Toronto Argonauts on July 11. He wore the boot early last week before shedding it to resume practising and eventually start against Hamilton.

Durant showed no signs Sunday of the foot bothering him, completing 20-of-32 passes for 347 yards and four TDs in a convincing 37-0 home win over the Ticats. Durant also ran twice for 18 yards and was named the CFL's offensive player of the week.

But Durant said Wednesday the foot began bothering him after the game and he put the boot back on to take pressure off it.

Saskatchewan (4-0) is the CFL's only unbeaten team and Durant has been a big part of that. Durant has thrown a league-leading 12 TD passes and has yet to surrender an interception.

But if Durant can't play, sophomore Drew Willy would make his second career CFL start.

THE CANADIAN PRESS

Week 5 pick

The Riders rolled to a 37-0 home win over Hamilton on Sunday. It's unclear if Saskatchewan quarterback Darian Durant will play in the rematch in Guelph, Ont.

Durant, who was back wearing a walking boot Wednesday, leads the CFL in TD passes with no picks and his efficiency rating of 136.9 is tops among starters.

If Durant can't play, Kory Sheets (572 yards) will be an even more important figure for the Riders.

If the Rider defence has a weakness, it's the pass. They're allowing a league-high 305 yards in the air while Hamilton's pass attack is No. 2 in the CFL at 284 yards per contest.

But without Andy Fantuz last week, the Riders had little trouble containing the Ticats' passing game.

Pick: Saskatchewan

MLB

Blue Jays' Buehrle shuts down Astros

All it took to end the Toronto Blue Jays' losing streak was a visit from the lowly Houston Astros.

Starter Mark Buehrle pitched a two-hit shutout and the Blue Jays' offence came up big to beat the Astros 4-0 Thursday night and snap a seven-game skid.

Earlier in the day, the Jays announced that Brandon Morrow has an entrapped radial nerve that will keep him from throwing for the next six weeks, effectively ending the right-hander's season.

THE CANADIAN PRESS

Tennis

Fragile Federer falls early on home turf

Roger Federer slumped to a stunning defeat against No. 55 Daniel Brands in the Swiss Open second round Thursday, his third straight exit against a low-ranked opponent. The German right-hander won 6-3, 6-4 in just 65 minutes.

"I wasn't consistent enough in the end," said Federer. "He was serving well and I couldn't do enough with my return."

THE ASSOCIATED PRESS

Pats trying to move on

"The fate of our season is going to be determined by the guys in the locker-room."

Patriots QB Tom Brady says he hopes his team won't be affected by the attention former teammate Aaron Hernandez is getting for his arrest on a murder charge.

Steele-ing the show early in Oakville, Ont.

Brendan Steele chips a shot on Thursday. THE CANADIAN PRESS

Even though half the field had yet to play on Thursday, the first round of the 2013 RBC Canadian Open was largely decided by noon.

Brendan Steele held on to his early clubhouse lead to win the first round of the Canadian Open after shooting a 7-under 65, with no golfer in the afternoon grouping able to crack the top five of the $5.6-million PGA Tour event in Oakville, Ont.

Joe Affrunti came closest. His 4-under 68 performance tied him for seventh.

"Today was probably the most complete round that I've had all year, so that was kind of nice," said Steele. "Didn't miss many greens, didn't hit many shots off line, and I was able to roll a few putts in."

The 30-year-old Steele played consistent golf over the par-72, 7,253-yard Glen Abbey Golf Course, only bogeying the par-4 ninth hole. Steele had eight birdies, five on the front nine alone.

Scott Gardiner, Matt Kuchar and Scott Brown all tied for second, one shot off the pace.

DeLaet ugly early

Weyburn's Graham DeLaet struggled in the morning group, triple bogeying on the par-4 14th hole. He recovered on his final five holes to finish the round at par.

Gardiner was tied for first after a birdie on the par-3 15th hole, but he bogeyed on the next hole to drop back into a tie with Kuchar and Brown.

"Actually, didn't hit that bad a drive on 16, and went left and got stuck behind a tree and had to lay up," said Gardiner. "And then I hit a pretty good (shot), I missed a four foot putt. That was a struggle, but the rest of the shots I was fairly happy with. But then a couple of the tee shots there on the last."

Ottawa's Brad Fritsch was the top Canadian after a 3-under 69 performance. He birdied his final three holes to pass David Hearn of Brantford, Ont., on the leaderboard. Hearn finished 2 under.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Take care of your health today because you could easily overdo it. That applies to social activities, especially. By all means have fun but respect your limits. Yes, you do have them, just like everyone else.

♉ Taurus
April 21 - May 21
Why are you afraid to ask for advice? Maybe it's because you fear you will be told the one thing you don't want to hear. The point is it's the one thing you most need to hear.

♊ Gemini
May 22 - June 21
Even Geminis have days when their emotions get the better of them and this may be one for you. Whatever others may say or do, you are advised to take none of it seriously.

♋ Cancer
June 22 - July 23
You may be flattered by someone's attention but are they being sincere? According to the planets, they may be buttering you up because there is something they want from you. Find out what it is.

♌ Leo
July 24 - Aug. 23
There is one more obstacle you need to find a way past before you are free to chart a new course. It does not matter how you deal with it so long as you make a choice and stick to it.

♍ Virgo
Aug. 24 - Sept. 23
Try not to come on too strong, either in your personal life or at work, because people may take it the wrong way. You know how much you hate being told what to do. Well, they feel that way too.

♎ Libra
Sept. 24 - Oct. 23
You may wish that someone would be more careful about the company they keep but you must not be too forceful about it. If you insist they steer clear, they will most likely do the opposite just to spite you.

♏ Scorpio
Oct. 24 - Nov. 22
No one is following you and no one is planning to trip you up. So why do you feel this way? Maybe it's just your guilty conscience — again.

♐ Sagittarius
Nov. 23 - Dec. 21
Sometimes you can impose your will on others but it won't be so easy today. In fact, the more you try to tell others what to do, the more they will do something different.

♑ Capricorn
Dec. 22 - Jan. 20
You may be tempted to disappear for a while, to leave the mad world behind you, but the planets say you should stay right where you are and do something decisive. Running never solves any problem.

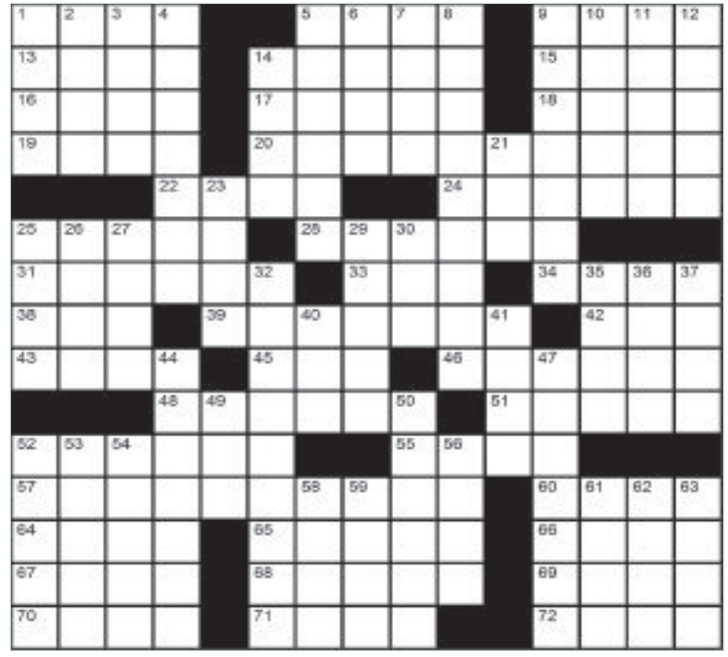
♒ Aquarius
Jan. 21 - Feb. 19
Do something practical to help a friend in need but draw the line at giving them money. They may mean it when they promise to pay you back soon but the planets warn they may not be able to.

♓ Pisces
Feb. 20 - March 20
A friend is feeling low and needs some kind words. Who better than Pisces to say the right things? Remind them why life is always worth living — and while you're at it remind yourself. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

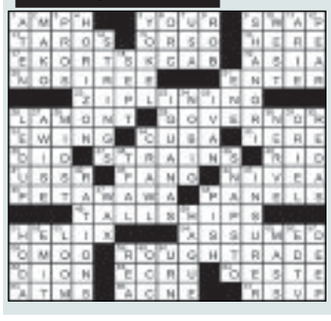
BY KELLY ANN BUCHANAN



Across
1. Be at the beach
5. Atkins = Low-__ diet
9. Famed NYC music club
13. Lima's land
14. Work at a wedding reception
15. Seed covering
16. Actress Ms. Arden's
17. O2 __ (Venue in London, England)
18. Network of nerves
19. Work station item
20. "Cruel Summer" group
22. Kiln kind
24. Quake's quiver
25. Library literature
28. Waves enthusiast
31. Spellbound
33. __-expressionism (Art movement)
34. Modify the magazine
38. "___ dreaming?" (Is this real?)
39. Crews on ships
42. 1990s trial Judge
43. Large, informally
45. Wheat: French
46. Dishearten
48. Hotel's car attendants
51. Workshop machine
52. Ask for _ __ (Request more money at work)
55. __ _ aka Sporty Spice
57. Decongestant __ __ (Pharmacy product)
60. Genghis __ (Mongol emperor)
64. Backbone
65. "Tortoise Wins by _ __" (1943) starring Bugs Bunny
66. Kilometre's counterpart
67. Decorate anew
68. Endures
69. Munitions
70. River of Flanders
71. Very: French
72. Clean-cut

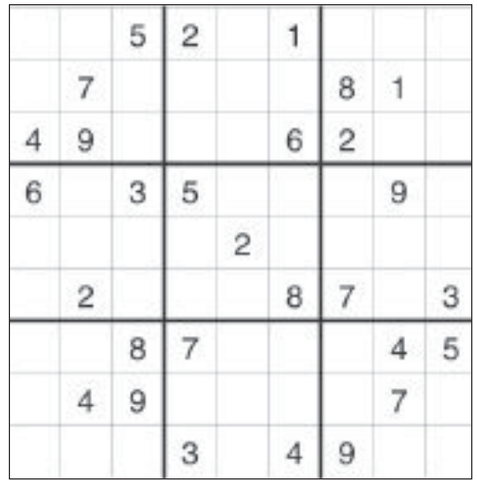
Down
1. Did this, got a ticket
2. "__ Got Tonite" by Bob Seger
3. Wraths
4. 'Cottage Country' in Ontario, __ Lakes
5. Jeweller's fave veggies?
6. _ __ (Bo Derek in her breakthrough film)
7. Actress Ms. Sofer
8. Wayne Gretzky's Ontario hometown
9. Actress, Tia __
10. Shiny-scaled fish
11. US naval base in Cuba, commonly
12. Cloudiness of vision
14. Metered rides
21. Depeche Mode song: "People __ People"
23. Snake sorts
25. Glow with happiness
26. "You Can Count __ __" (2000)
27. Unique, for short
29. Not yet rented
30. Speedwagon's musical partner
32. Product by Canadian brand Windsor: 2 wds.
35. __ Coke
36. Mosquito bite reaction
37. Carry
40. 'Duct' suffix (Malleable)
41. Buy and __, as stock
44. __-style sunglasses
47. "The Wolverine" (2013) star Hugh
49. Non-verbal communication syst.
50. Brains
52. Steamed
53. Some restaurant steak orders
54. Record's spot for the hit
56. "For Your __ Only" (1981)
58. Racehorse flick, "__ Lap" (1983)
59. Tear down, variantly
61. Take on a new employee
62. City in Quebec
63. Up-in-a-tree sight

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

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